

ON TIME
Electric • Plumbing • Heat & Air
www.ontimegroup.ca

It's Time
To Call...

204.774.1474

**Duct & Furnace
Cleaning**
Includes 14 Vents

Regular \$229.99
Special Price **\$144⁹⁵**
Save \$85

Extra vents add \$6.95 per vent. AC or High
Efficiency Furnaces add \$39. Offers expire Oct 31.



DIY FACELIFT

EXPERTS SAY FACIAL YOGA IS A
GREAT WAY TO ADDRESS LOSS
OF COLLAGEN — PLUS IT'S
CHEAPER THAN BOTOX

PAGE 16

WINNIPEG

metro

metronews.ca | twitter.com/metrowinnipeg | facebook.com/metrowinnipeg

Tuesday, October 9, 2012

News worth sharing.

Start your good life today.

5 CLUBS IN WINNIPEG

GoodLife FITNESS

The good life. Made easy.

1-800-597-1FIT
[1348]

goodlifefitness.com



Feast fit for 1,000

Good gravy. Donations
make sure everyone has
Thanksgiving dinner

**SHANE
GIBSON**
shane.gibson@metronews.ca

Shelley Sauve and her two sons didn't want to go Siloam Mission for lunch Monday afternoon, but the alternative would have meant a Thanksgiving without a traditional turkey dinner.

"It's better than spaghetti at home," said Sauve as she ate with her two sons Miguel, 10, and Gary, 16. "Miguel fought us the whole way here, but after his first bite he was OK."

Although this was their first time at Siloam Mission's massive Thanksgiving service, the Sauves have relied on the charity for the odd meal since

Shelley lost her job three-and-a-half years ago after being injured at work. She had been working three jobs to take care of her boys, who both live with Asperger's syndrome, and her mother, who's battling cancer.

With the help of 100 volunteers, Siloam Mission expected to serve as many as 1,000 turkey dinners from noon to 2:30 p.m.

"We started preparing a month ago," said Siloam Mission's executive director, Floyd Perras, explaining that all the food — including no less than 150 turkeys — was donated.

"Manitobans are very, very generous, and they want to make sure people are taken care of."

While Thanksgiving is its busiest day of the year, Siloam Mission also serves three nutritious meals a day, 365 days a year.

Billionaire charms 'Peg

Sir Richard Branson attends luncheon that raised \$300,000 for charity offering homeless youth programs and services

PAGE 3

'Fearless Felix' set for free fall

Austrian extreme athlete will attempt the fastest free fall in history — hoping to become the first skydiver to break the sound barrier

PAGE 4

BLUE THANKSGIVING

Winnipeg Blue Bombers players celebrate after Brandon Stewart, left, intercepted the ball late in the second half against the Alouettes in Montreal on Monday. For full details of the game, see page 26. GRAHAM HUGHES/THE CANADIAN PRESS

BIBQ PULLED PORK

Quiznos

**BUY 1 GET 1
FREE**

Buy 1 sub, get the 2nd of equal or lesser value free with purchase of 2 regular fountain drinks

Excluding Create Your Own and Breakfast Menu. Coupon must be presented when ordering. One coupon per customer visit. Cannot be combined with any other offer. Taxes extra. Valid at participating Canadian locations. No substitutions or cash value. Exp. October 31, 2012. CLU #B010

Quiznos

**50%
OFF**

ANY SUB

With purchase of a regular fountain drink

Excluding Create Your Own and Breakfast Menu. Coupon must be presented when ordering. One coupon per customer visit. Cannot be combined with any other offer. Taxes extra. Valid at participating Canadian locations. No substitutions or cash value. Exp. October 31, 2012. CLU #B030

Quiznos

FACTORY EVENT PRICING



2012 Yaris Hatch Back LE

Convenience
Pkg
5spd

DOWN PAYMENT	\$0	\$1000	\$3000
TERM 48	\$223	\$201	\$158
TERM 60	\$206	\$188	\$152

2013 Corolla CE Enhanced

Convenience
Pkg
Auto



DOWN PAYMENT	\$0	\$1000	\$3000
TERM 48	\$239	\$218	\$175
TERM 60	\$228	\$211	\$175

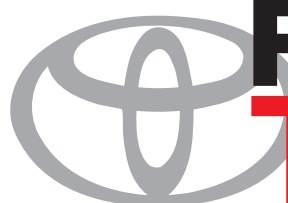


2012 RAV4 AWD

DOWN PAYMENT	\$0	\$1000	\$3000
TERM 48	\$330	\$308	\$268
TERM 60	\$302	\$284	\$252

2012 Camry LE

DOWN PAYMENT	\$0	\$1000	\$3000
TERM 48	\$372	\$310	\$266
TERM 60	\$316	\$298	\$262



**FRONTIER
TOYOTA**

1486 Regent Ave. W
944-6600

All payments plus applicable taxes, OAC. Dealer permit #4456.

Crime prevention

Province sets \$500K sports fund for at-risk youth

The Manitoba government is offering new grant money to community-based groups in an effort to keep youth away from crime.

Kevin Chief, Manitoba's minister of children and youth opportunities, announced the new funding on Friday during a press conference at the Broadway Neighbourhood Centre.

Chief said the \$500,000 Sport Opportunities Fund is new money aimed at providing grants to community-based organizations that work with at-risk youth.

"I grew up in Winnipeg's North End and the biggest barrier that I ever faced growing up was simply that I was poor, but I could shoot a basketball better than most people so it allowed me to get an athletic scholarship," said Chief.

"Played basketball at the University of Winnipeg, got to travel the country, but the most important thing that it gave is not only a degree but a whole network of people around me."

Chief said it was these networks that later allowed him to build relationships and lead a successful life, which is what he wants for other disadvantaged youth.

Sport and recreation organizations can apply for grants through the Sport Opportunities Fund.

METRO



Minister Kevin Chief
TYLER PEACOCK/FOR METRO



Assault victim in hospital

A man is in hospital in critical condition following a serious assault in the River Heights area of Winnipeg early Monday. Winnipeg police and emergency services found a man suffering from serious upper-body injuries in the 100 block of Lindsay Street around 2:10 a.m. The major crimes unit is investigating and interviews are ongoing. Anyone with information is asked to call police at 204-986-6219 or Crime Stoppers at 204-786-TIPS. SHANE GIBSON/METRO

Charity event. Billionaire Branson charms local audience

"Screw it, let's do it" is the message a billionaire mogul had for an adoring crowd at a luncheon organized by the Winnipeg Chamber of Commerce and the Virgin 103.1 radio station on Friday.

Sir Richard Branson, who founded the Virgin Group of companies, was in Winnipeg for a luncheon at the Fairmont hotel, a radio interview with Virgin 103.1's Ace Burpee, and a visit to the Resource Assistance for Youth (RaY), which is a charity Branson supports.

Proceeds from the luncheon, which raised over \$300,000, went to RaY, a social agency that offers homeless and street-entrenched youth a variety of programs and services aimed at helping them meet their basic needs.

Never one to shy from the



Sir Richard Branson
TYLER PEACOCK/FOR METRO

spotlight, Branson kissed two women from the audience during a question-and-answer part of the luncheon, and chatted with another man who asked for two minutes of his time for a \$2,500 donation to RaY.

Asked by Burpee about fearing failure, Branson said the only real failure is to not try.

BERNICE PONTANILLA/METRO

Crash closes down Portage Avenue

Critical condition.
Vehicle sped before crossing into oncoming traffic: Witness



SHANE GIBSON
shane.gibson@metronews.ca

Two people were taken to hospital — one in critical condition — after a serious crash closed Portage Avenue in both directions near Furby Street Monday afternoon.

Police and emergency crews were called to the scene around 12:10 p.m. where a grey Chevrolet Lumina appeared to have been T-boned by a black Chevrolet Trailblazer SUV.

Both vehicles remained where they had collided in the eastbound lane of Portage Avenue an hour after the crash as investigators combed over the scene.

Ann Clarkson of Winnipeg was in a third vehicle involved in the crash and told Metro the Lumina had been speeding westbound on Portage Avenue when it suddenly spun in front of her and the Trailblazer in the eastbound lane at Young Street.

"He just came right into the traffic ... it just happened so fast," said Clarkson at the scene. "He clipped the front end of me.... I'm lucky."

"I'm shaken, real shaken."

Portage Avenue was wet after a morning of cold rain at the time of the crash, but Clarkson didn't think road con-



Two people are in hospital, one in critical condition, after a crash on Portage Avenue closed traffic in both directions Monday afternoon. SHANE GIBSON/METRO

ditions led to the accident.

"To me, I thought it was excess (speed)," she said, adding she thought that the car was being chased because of the

speed at which it was traveling. "I know he wasn't doing 60."

Members of the central traffic unit continue to investigate.

1 NEWS

Tacos & Tequila Tuesdays

Featuring all you can eat Tacos (after 3pm) and Tequila Drinks on special **all night long**. Strawberry margaritas, lime margaritas, grapefruit margaritas **Yumm!**

15 Minutes or it's free!*

Express Lunch Entrees \$11.99

plus applicable taxes

Express lunch entrees include a complimentary coffee, tea or soft drink.



Main Floor 114 Market Ave.
Downtown in the Exchange District
Ph: 956-7465
www.donpedros.ca
Tues-Fri 11am to 10pm
Sat 4pm to 10pm Closed Sun & Mon

Book your Christmas Party Now!

Transit Tuesday



Weekly Transit News Update

GET THE LATEST GADGET FOR FREE

BUSgadget is a free app from Winnipeg Transit that keeps track of your bus so you can concentrate on more important things. Perfect for the home or office, you can customize BUSgadget to display bus departure times for any stop. With BUSgadget, you'll always know when to catch your bus. For more info visit winniepegtransit.com.

IF YOU LIKE BUSGADGET, YOU'LL LOVE BUSTXT

Try BUSTxt, Winnipeg Transit's Short Message Service (SMS) and get real-time transit information anywhere, anytime on your smartphone. Text 287898 for up-to-the-minute bus departure times, locate the nearest bus stop and more. Visit winniepegtransit.com for details.

BE SMART WITH YOUR SMARTPHONE IN PUBLIC PLACES

Thefts of mobile devices are on the rise in North America, particularly smartphones and tablets. Being aware of your surroundings while in any public place can significantly lessen your chances of becoming a victim. For instance, don't walk and text at the same time; you will be less aware of what is happening around you. Don't leave your mobile device unattended or in view of anyone in close proximity; it just takes a second for someone to steal your phone.

GRACE HOSPITAL RE-ROUTES DUE TO CONSTRUCTION

Construction has started on the Sturgeon Road Bridge project causing a temporary traffic restriction at the Grace Hospital on Pearl McGonigal Way. Transit routes 11, 21, 82, 83 and 98 are being re-routed during construction. Temporary bus stops will be in place while the re-routes are in effect. Construction is expected to be completed by Nov. 10. For more info, please visit our website or call 311.

TACKLE YOUR PARKING PROBLEMS WITH BOMBER FAN FARE!

The Bombers take on the Calgary Stampeders this Saturday at 12 p.m. Thanks to MPI, Blue Bombers fans can ride transit to and from the stadium for free. Just show us your valid game day ticket when boarding the bus. The Fan Fare Service begins two hours before kick-off. For route and schedule information, visit winniepegtransit.com or call 311. Go Bombers!



Austrian skydiver Felix Baumgartner prepares for an attempt at a record free fall. THE ASSOCIATED PRESS



Skydiver to try record free fall

Extreme sport.
'Fearless Felix' to attempt highest, fastest jump in history

Austrian skydiver and extreme athlete Felix Baumgartner hopes to take the leap of his life on Tuesday, attempting the highest, fastest free fall in history.

If he survives, the man dubbed "Fearless Felix" could be the first skydiver to break the sound barrier. If he doesn't, a tragic fall could be live-streamed on the Internet

for the world to see.

The 43-year-old former military parachutist is scheduled to jump from a balloon-hoisted capsule 37 kilometres above Roswell, New Mexico, on Tuesday morning. He wants to break the record set in 1960 by Joe Kittinger, who jumped from an open gondola at an altitude of 31 kilometres. Kittinger's speed of 988 kph was just shy of breaking the sound barrier at that height.

Baumgartner, who has been preparing for the jump for five years, has made two practice runs from the Roswell area, from 24 kilometres high in March and 28.97 kilometres in July.

And while he and his team of experts recognize the worst-case scenarios — including "boiling" blood and exploding lungs — they have confidence in their built-in solutions. Those solutions are something NASA is watching closely. The space agency is interested in the potential for escape systems on future rocket ships.

The No. 1 fear is a breach of Baumgartner's suit, which could cause potentially lethal bubbles to form in his bodily fluids, a condition known as boiling blood.

There are also risks he could spin out of control, causing other problems.

THE ASSOCIATED PRESS

Retirement

After Tuesday's jump, Baumgartner plans to retire.

- Baumgartner, who has made more than 2,500 jumps from planes, helicopters, landmarks and skyscrapers over the past 25 years, promises this jump will be his last.
- He says he plans to settle down with his girlfriend and fly helicopters on mountain rescue and firefighting missions in the U.S. and Austria.

Mistaken identity leads to tragedy



Mourners at the funeral for U.S. Border Patrol agent Nicholas Ivie on Monday. BENJIE SANDERS/ARIZONA DAILY STAR/THE ASSOCIATED PRESS

The U.S. Border Patrol agent killed in a shooting in southern Arizona apparently opened fire on two fellow agents thinking they were armed smugglers and was killed when they returned fire, the head of the Border Patrol agents' union said.

The two sets of agents approached an area where a sensor had been activated from different directions early Tuesday and encountered each other in an area of heavy brush, National Border Patrol Council president George McCubbin said on

Sunday.

Agent Nicholas Ivie apparently opened fire first and wounded one of the other agents but was killed in the return fire.

"I don't know what it was he saw or heard that triggered this whole event," McCubbin said. "Unfortunately it resulted in his death and another agent injured."

The shooting occurred in a rugged hilly area near the border close to Bisbee, Arizona, an area known for illegal trafficking.

THE ASSOCIATED PRESS

Halloween

is too short to blend in

**Costume Catwalk
Fashion Shows**
3 p.m. every
Thursday in Oct.



Enjoy the biggest selection in town...at the best value!

With thousands of new and gently used Halloween costumes, accessories, make-up and home décor, we are your one-stop-shop for all things Halloween!

It's time to say Boo! to boring costumes.

Not sure what to be? Find a Costume Consultant
at every store who can help.



For great costume, craft and party ideas plus easy makeup videos
visit www.valuevillage.com

SHOP HALLOWEEN AT
ValueVillage

WE ARE CANADA'S BIGGEST STORE

SHOP STYLISH FALL BOOTS AT WWW.SHOP.CA



Roxy
ROWAN
\$99.99
+FREE shipping!



UGG
CLASSIC SHORT
\$199.99
+FREE shipping!



Zigi
BERNDT
\$89.99
+FREE shipping!



DLG
NAPA
\$90.00
+FREE shipping!

PLUS Get \$10 rewards cash on your first \$25 purchase at WWW.SHOP.CA

MILLIONS OF PRODUCTS
FROM YOUR FAVOURITE BRANDS
PLUS FREE SHIPPING!
SOME CONDITIONS APPLY

SHOP • CA™ WWW.SHOP.CA

SHOP & EARN, EVERY TIME!™

Got great products to sell? Contact supplier@shop.ca

* While quantities last

metro

06

metronews.ca
Tuesday, October 9, 2012



People walk past a mural depicting President Hugo Chavez in Caracas, Venezuela, on Monday. Chavez won re-election and a new endorsement of his socialist project on Sunday. RODRIGO ABD/THE ASSOCIATED PRESS

Venezuelans give Chavez six more years

Patronage. Incumbent spent heavily before the vote, building public housing and bankrolling expanded social programs

Venezuelans awakened on Monday to the prospect of another six years under President Hugo Chavez as the leftist president's supporters celebrated his victory against a youthful rival and a galvanized opposition pledged to build on its gains.

Chavez emerged from Sunday's vote both strength-

ened and sobered, having reconfirmed his masterful political touch but also winning by his tightest margin yet. Challenger Henrique Capriles said while conceding defeat that his campaign had launched a new political force and that he would keep working for change.

The 58-year-old leader now has a freer hand to push for an even bigger state role in the economy and deepen friendships with U.S. rivals. Meanwhile, he's under pressure to address nuts-and-bolts governance issues such as soaring crime rates, power blackouts and double-digit inflation.

With a turnout of 81 per

Voter

"Chavez isn't to blame for the people who surround him."

First-time voter and student Brenda Aguirre, saying she is willing to forgive "El Comandante" for his shortcomings.

cent, Chavez only got 551,902 more votes this time around than he did six years ago, while the opposition boosted its tally by about 2.1 million. Chavez appeared to acknowledge the opposition's growing clout during a boisterous victory speech late Sunday night.

THE ASSOCIATED PRESS

Southeast Asia

Strong quake hits eastern Indonesia

A strong earthquake shook parts of eastern Indonesia on Monday, sending residents and hotel guests running out of their rooms, but there were no immediate reports of damage or injuries.

Indonesia's meteorology and geophysics agency said there was no danger of a tsunami.

The U.S. Geological Survey said the magnitude-6.3 quake was centred 139 kilometres southeast of Ambon, the provincial capital of Maluku. **THE ASSOCIATED PRESS**

Van der Sloot. Jailed killer to be a father, report says

A newspaper reported Monday that Joran van der Sloot, a Dutch man who is serving a 28-year-sentence for killing a young Peruvian woman in 2010, says he is going to be a father. His attorney said the inmate does have a conjugal visitor, a woman named Leidy Figueroa Uceda.

Van der Sloot is a suspect in the 2005 disappearance of U.S. teenager Natalee Holloway. He could resist extradition to the United States if he obtains Peruvian nationality. That would be a possibility if he becomes the father of a Peruvian child or if he marries a Peruvian citizen. **THE ASSOCIATED PRESS**



Dutch citizen Joran van der Sloot is escorted by Peruvian police in June 2010. THE ASSOCIATED PRESS

Auto industry. GM to hire up to 1,500 at tech centre

General Motors plans to hire up to 1,500 workers to staff a new computer technology centre outside Detroit.

It is part of a move to bring 90 per cent of information technology in-house, which GM believes will make the company more nimble and efficient. The carmaker plans to hire 10,000 people at four new technology centres in the next three to five years.

The centres will help get breakthrough ideas into the company's cars and trucks, GM says.

Last month the company announced it would hire 500 people for a centre in Austin, Texas. The remaining two sites haven't been announced.



This file photo shows a sign outside General Motors' car-assembly plant in Oshawa, Ont. GM will hire up to 1,500 workers at a technology centre outside Detroit. THE CANADIAN PRESS FILE

The hiring reverses a trend toward outsourcing computer jobs at GM. But spokeswoman Julie Huston-Rough said most carmakers strike a balance between doing computer work in the company and hiring outside firms. THE ASSOCIATED PRESS

Chinese tech giants

U.S. panel warns of espionage risks

American companies should avoid doing business with China's two leading technology firms, Huawei Technologies and ZTE Corp, because they pose a security and espionage threat to the U.S., the House Intelligence Committee warned Monday. THE ASSOCIATED PRESS

Original programming

YouTube launches European channels

YouTube is extending its original programming initiative into Europe, with at least 60 new video channels from media companies including Britain's BBC, London-based FreemantleMedia and the Netherlands' Endemol.

THE ASSOCIATED PRESS

Waist watch: Pop machines to list calories

Consumer choice. Move by soft-drink firms in U.S. comes ahead of regulation

Quoted

"Currently, people don't think about calories when they go up to a vending machine. Having the calories right on the button will help them make choices."

Mike Jacobson, executive director of the Center for Science in the Public Interest

As criticism over sugary sodas intensifies, Coke, Pepsi and Dr Pepper are rolling out new vending machines in the U.S. that will put calorie counts at consumers' fingertips.

The calorie counts will be on the buttons of the machines, which will also feature small decals reminding the thirsty that they can choose a low-calorie drink. The move comes ahead of a new regulation that would require restaurant chains and vending machines to post calorie information as early as next year.

"They're seeing the writing on the wall and want to say that it's corporate responsibility," said Mike Jacobson, executive director of the Center for Science in the Public Interest, which

advocates for food safety and nutrition.

The U.S. Food and Drug Administration has proposed a less-stringent amendment that would allow vending operators to post the information on a poster on the side of the machine, Jacobson said. But he said the announcement Monday shows posting calories right on machines is perfectly feasible.

The vending machines will launch in Chicago and San Antonio, Texas, municipal buildings in 2013 before appearing nationally.

THE ASSOCIATED PRESS



Supply chain to space

Is this the future of commercial cargo? SpaceX's supply ship, shown here at Cape Canaveral Air Force Station in Florida, took off Sunday night for the International Space Station on its first official trip under a \$1.6-billion US contract with NASA. SpaceX, or Space Exploration Technologies Corp., will make a dozen resupply flights to the space station, an essential service in the post-shuttle era. The unmanned ship consists of a Falcon 9 rocket with a Dragon capsule on top, and should reach the station by Wednesday.

NASA/THE ASSOCIATED PRESS

Enbridge targets foreign charities in pipeline battle

Organizations founded by an American oil baron and a Silicon Valley philanthropist are among foreign charities targeted by Enbridge in its battle against critics of the proposed Northern Gateway pipeline.

Tens of millions of dollars have been donated to conservation groups and initiatives in B.C., for everything from Earth Day celebrations to aboriginal salmon recovery programs.

It's a point of contention for the pipeline proponent, which

has asked the environmental review panel examining the Northern Gateway project to compel funding information from its critics. The panel returns to B.C. this week for final hearings on the project.

And it's a point of contention for federal Natural Resources Minister Joe Oliver, who earlier this year decried "foreign special-interest groups" that "threaten to hijack our regulatory system to achieve their radical ideological agenda."

Charities that Enbridge has singled out in requests submitted to the panel include the Gordon and Betty Moore Foundation, a California-based organization founded by the co-founder of Intel Corporation that focuses on conservation, scientific research and patient health; and the William and Flora Hewlett Foundation, a social and environmental charity founded by Hewlett-Packard co-founder William R. Hewlett.

THE CANADIAN PRESS

Learn More
To Earn More.



Sandler Training
Finding Power In Reinforcement®

Training • Coaching • Consulting
204-668-2803

Eyetech
LASIK+
clinic

**BOOK YOUR FREE
CONSULTATION TODAY!**
204-946-5595
250 Portage Ave.
Winnipeg

Price Match+* Guarantee
We will match any competitor's price
Plus give you a \$500 Coupon**

+* **More Procedures**
+* **More Technologies**
+* **Most experienced LASIK surgeon**



**redeemable for goods & services at Eyetech Lasik Clinic
(Thermage, Fraxel, IPL Hair Removal, designer sun glasses & more).
Some restrictions apply.

"Come in and see the difference!!"

**"Better technology
for better vision"**

WHEN LIFE GIVES YOU GENETICALLY MODIFIED LEMONS ...



SHE SAYS ...
Jessica Napier
metronews.ca

The glass is half full ... no, really.

Every once in a while, my boyfriend — who tends to walk the line between “concerned partner” and “obsessive hypo-

chondriac” — will forward me an email containing the latest research on all of the foods that are probably going to kill me.

Most of these articles contradict one another — touting the health benefits of a certain food one month and then warning about its poisonous potential the next.

“Egg yolks are good for you.”

“No, wait! Stay away from egg yolks!”

“Just kidding, eat egg yolks all the time!”

Ignorance is bliss?

“Some people might justify risky behaviour — ignoring those warning labels on cigarette packages or practising unprotected sex — based on the assumption that bad things only really happen to other people.”

These research studies are the medical equivalent of riled up cable-news anchors who just can't stop shouting at one another. And yet, despite all the bad press out there — in food news and beyond — our brains are actually hard-wired to expect the best outcomes in life.

In her book, *The Optimism Bias*, neuroscientist Tali Sharot argues that 80 per cent of us overestimate the likelihood of good things happening to us in our daily lives. Believe it or not, the majority of us have optimism as our

(somewhat delusional) default setting.

Our instinct is to try to make lemonade out of lemons. Unfortunately, the media are constantly telling us that those metaphorical lemons are actually the latest and scariest carcinogen-infested items at the grocery store.

Sharot explains that if we expect the future to be bright, stress and anxiety are reduced and our overall health improves. Which is great, in theory, but what about when we take our propensity for positive thinking too far?

The optimism bias can transform into a state of blissful ignorance and bring about a false sense of security. Some people might justify risky behaviour — ignoring those warning labels on cigarette packages or practising unprotected sex — based on the assumption that bad things only really happen to other people.

So is it possible to nurture our inclination towards glass-half-full thinking while avoiding the dangers presented by unrealistic optimism?

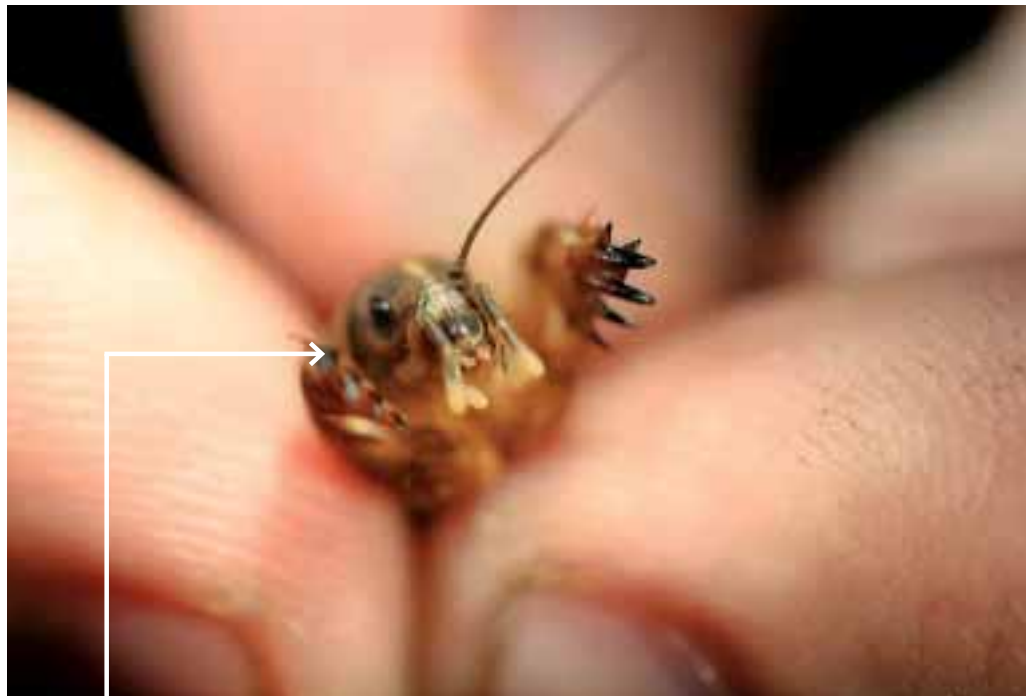
Properly educating ourselves on healthy living is just part of the solution; we also have to do our best to block out the fear-mongering propaganda. I don't want to pretend that genetically modified fruit and antibiotic-riddled meat products don't exist, but I also don't want to be consumed with end-of-the-world panic every time I go to put something in my mouth.

In the end, we're far more likely to be hit by a car than poisoned by the items in our refrigerator and yet, if we truly thought about that risk every day, most of us would probably never leave the house.



If it doesn't kill you, it will only make you ... more toxic? GETTY IMAGES FILE

Is something 'bugging' you?



KERRY MALONEY/THE ASSOCIATED PRESS PHOTOS

It's a bug's life

Trolling for insects is all the buzz

A Northern mole cricket is seen at Bayou Des Allemands in Louisiana.

Employees of the Audubon Butterfly Garden Insectarium in New Orleans collect bugs from the bayou to replenish the species in the insectarium's exhibits, while others are shipped to museums.

Much of the insect stock dies in a year or less, so the replenishment missions for local species are essential.

The trek to the bug-infested bayou area near New Orleans is one they make six

to eight nights a year from May to October.

One type of insect they gather, the Whirligig beetles, don't breed in captivity, so it's a numbers game: If two-thirds of each group die, the larger group will still have enough survivors to replenish the display.

“We're just rolling the dice and hoping we have that really neat animal for as long as we can,” Zack Lemann, of the insectarium, said.

The entomologists also troll fresh cowpats for the insectarium's dung beetles and the Audubon Species Survival Center on New Orleans' west bank to turn over rotting wood for glossy, black patent-leather beetles.

THE ASSOCIATED PRESS

Fear Factor-esque

“They taste like soft-shelled crab.”

Zack Lemann, animal and visitor-programs manager of the Audubon Butterfly Garden Insectarium, on the dragonflies he freezes and cooks.

On a wing

900,000

Only a fraction of the 900,000 species can be put on display at the insectarium. Many are too tiny or simply too dull — the museum needs animals that are big, brightly coloured or do interesting things.

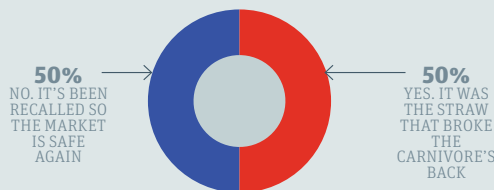


Zack Lemann holds a dragonfly in his mouth while collecting them for exhibits in Louisiana.



Register at metropolitanpanel.ca and take the quick poll

Has the latest recall scared you away from eating beef?



Twitter

@WilliamShatner:

Happy Thanksgiving to all my Canadian followers! MBB

@jendavidson73:

This time last year we were celebrating Happy Jetsgiving. We miss you @NHLJets! #Winnipeg

@MissBrittney:

40 minutes early for work cause I was the only car on the road #winnipeg #longweekend

@callmepaul1:

so what's with this rain stuff #winnipeg? Looks like a good day to watch #winnipegblue-bombes get wupped like #thanksgiving mashed potatoes

@WpgSportsNerd:

I guess rain in #Winnipeg is better than snow.. Stay away white stuff!

@shelzolkewich:

I'm updating the software on my phone. This is terrifying.

Now pay attention, 007!

Bond quiz. How much do you know about the world's most famous secret agent?

ANTHONY JOHNSTON

Metro World News

Fifty years of 007 have given us loads of movie trivia ammo. Test your knowledge and find out if you're licensed to kill or Dr. Oh No.

1. Ursula Andress starred as the first Bond girl in Dr. No (1962). What was unusual about her role?

- (A) She had to sleep with Bond actor Sean Connery to get the part.
(B) Her character's voice was provided by someone else, due to her heavy foreign accent.
(C) She wore a blonde wig.
(D) She had plastic surgery on her lips.

2. Which Bond movie sees 007 wear a Scottish kilt, meet some brainwashed beauties and get married?

- (A) Dr. No (1962)
(B) Goldfinger (1964)
(C) Thunderball (1965)
(D) On Her Majesty's Secret Service (1969)

3. Which was the first Bond film to feature the famous car Aston Martin DB5?

- (A) From Russia with Love (1963)
(B) Goldfinger (1964)
(C) Thunderball (1965)
(D) Diamonds Are Forever (1971)

4. George Lazenby is the only James Bond actor not from Great Britain or Ireland. Where is he from?

- (A) Australia
(B) Hungary
(C) Canada
(D) New Zealand

5. In Live and Let Die (1973), how does Bond kill drug-trafficking bad guy Kananga



What drink does Bond order in the poker scene in Casino Royale? HANDOUT



Ursula Andress was the first Bond girl in Dr. No. HANDOUT

(a.k.a. Mr. Big)?

- (A) Poisons him with a

dart gun

- (B) Throws him in the Louisiana

bayou, then eaten by crocodiles
(C) Forces a shark gun pellet into Kananga's mouth, causing him to blow up like a balloon and explode
(D) Falls in a coffin filled with snakes and dies from venomous snakebites

6. In For Your Eyes Only (1981), Bond's arch-nemesis Ernst Stavro Blofeld finally meets his demise. How is he killed?

- (A) Falls off a cliff edge after trying to save his cat
(B) Shot in the back by Jaws
(C) Frozen to death in an ice chamber in Iceland
(D) Bond drops him into a factory chimney from a helicopter

7. In The Living Daylights

Scorecard

Answers: 1. (b) 2. (d) 3. (b)
4. (a) 5. (c) 6. (d) 7. (a) 8. (d)
9. (b) 10. (c)

- **1-3 correct.** Agent Zero
- **4-7 correct.** Double O-guy
- **8-10 correct.** Licence to Thrill

Visit metronews.ca for more James Bond coverage, including a look at the new film, Skyfall. Tomorrow, Metro looks at the Top 12 Bond Girls and more celebrities reveal their favourite 007 actor.

(1987), what does Bond toboggan down the snowy hill?

- (A) Cello Case
(B) Crate of Bollinger
(C) Wooden sledge
(D) Speed boat

8. In Die Another Day (2002), which celebrity cameos as a fencing instructor?

- (A) Tina Turner
(B) Britney Spears
(C) J.K. Rowling
(D) Madonna

9. What drink does Bond order in the poker scene in Casino Royale (2006)?

- (A) Vodka Martini, shaken not stirred
(B) The Vesper: Three measures of Gordon's gin; one of vodka; half a measure of Kina Lillet vermouth. Shake it over ice, add a slice of lemon peel.
(C) Death in the Afternoon: 3 tablespoons of absinthe, 1/2 cup of Champagne
(D) Rum and coke

10. Oscar-winning actor Javier Bardem plays the bad guy in upcoming movie Skyfall (2012). What's the character's name?

- (A) Lex Luthor
(B) Shredder
(C) Raoul Silva
(D) Keyser Söze

2 SCENE



From Breaking Bad to a break out CIA operation in Iran

Argo. Bryan Cranston talks about the unsung heroes of covert ops



NED EHRBAR
Metro World News in Hollywood

Bryan Cranston is a busy man. Aside from wrapping up his regular gig on *Breaking Bad*, the three-time Emmy-winner has been popping up in a lot of movies — seven in 2011 and six in 2012. In his latest, *Argo*, he teams with director and star Ben Affleck to present a decidedly positive view of the CIA.

You get off pretty easy as far as the '70s hair goes in this film, at least compared to your co-stars.

You know, Ben was asking me as we were going along, "How's the hair growing?" And it was growing out at the time. I shave it for *Breaking Bad*. I said, "If it's not as long as you think it should be, then we can put extensions in it. But it's coming! It's over the ears now," and that sort

of thing. By parting it and swooping it, it was good. If there was anyone who had more conservative '70s hair, it would be someone at the CIA — an older guy during the 1970s, not so shaggy, not so unkempt. So it worked.

You're dealing with playing someone high-up at the CIA, an organization that's not always portrayed that positively in film. But in this particular story, the organization is pretty heroic.

It's interesting. Normally you have a clear protagonist and antagonist in your movie. This wasn't clear. We know who the protagonist was, but who's the antagonist here? It really became that this ideology, this force of oppression, like a barometric pressure, like it's going to break open and rain if they don't get these guys out. But there were all kinds of splinter groups of protagonists, like the Hollywood component. And talking about the maligned CIA, well look at Hollywood! Hollywood is skewered all the time — and not undeservedly so at times. It's easy.



Argo opens this Friday. HANDOUT

DVD reviews



Prometheus

Director. Ridley Scott

Stars. Noomi Rapace, Logan Marshall-Green, Michael Fassbender

Prometheus valiantly asks the big questions — Who are we? How did we get here? — but then settles for banal answers. Director Ridley Scott diverts from a standard *Alien* prequel to muse about the spark of humanity, positing godlike activity in places far from heaven that his curious earthlings choose to visit. Their chariot is the trillion-dollar spaceship *Prometheus*, named for a reckless god. Scott's high motives take the low road when he gets to the yuck factor expected of all *Alien* movies, which now total five if you include *Prometheus* — and you should. A cool Michael Fassbender and warm Noomi Rapace make for inspired hires, saving the movie from its own excesses. *Prometheus* underachieves the awe but over delivers the ick. A lot more was promised, but pass the popcorn anyway. In space, no one can hear you whine. Extras are mostly Blu-ray, and depending on the package (there are three), they include a commentary by Ridley Scott, another by screenwriter Jon Spaihts and Damon Lindelof, plus deleted and alternate scenes (including alternate opening/ending).

PETER HOWELL



Rock of Ages

Director. Adam Shankman

Stars. Julianne Hough, Diego Boneta, Tom Cruise

Yes kids, there really was a time in the 1980s, just before the necessary corrective of grunge, when bands like Journey, Foreigner, Poison and Def Leppard were taken seriously. It was a decade when conjugating the verb "to rock," while dancing in leopard-skin pants and singing about small-town girls livin' in lonely worlds, was considered the height of cool, if not lyrical brilliance. So it's hard to be too hard on what director Adam Shankman has done with this screen adaptation of *Rock of Ages*, the Broadway hit musical that proved no material is too vapid for Broadway. He and his willing co-conspirators, including a cocky Tom Cruise, a castrating Catherine Zeta-Jones and a conniving Alec Baldwin and Paul Giamatti, gleefully go over the top together, trying to see who can out-camp the other in recreating rock's most embarrassing era. Don't stop believin' just how far they're willing to stand up and celebrate both themselves and the music. Extras include extended cut of the film (Blu-ray only), music videos and making-of featurettes.

PETER HOWELL

YOU COULD WIN
A COPY OF **SECRET OF THE WINGS**
FLITTERIFIC FAIRIES DOUBLE PACK!

To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! [facebook.com/clubmetrowinnipeg](https://www.facebook.com/clubmetrowinnipeg)
SECRET OF THE WINGS FLITTERIFIC FAIRIES
DOUBLE PACK AVAILABLE OCTOBER 23RD!

VISIT clubmetro.com TO ENTER

YOU COULD WIN VISIT clubmetro.com TO ENTER

FUN SIZE

ENTER FOR A CHANCE TO WIN A

FUN SIZE

PRIZE PACK INCLUDING
RUN-OF-ENGAGEMENT PASSES!
IN THEATRES ON OCTOBER 26

To register and for full contest details visit clubmetro.com

YOU COULD WIN
A RUN OF ENGAGEMENT PASS FOR TWO TO SEE
THE PERKS OF BEING A WALLFLOWER!

IN THEATRES NOW!

To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! [facebook.com/clubmetrowinnipeg](https://www.facebook.com/clubmetrowinnipeg)

VISIT clubmetro.com TO ENTER

ROCK OF AGES

BUY IT NOW ON BLU-RAY COMBO PACK & DVD

FOR COLLEGE: WIN A COPY OF **ROCK OF AGES** ON BLU-RAY COMBO PACK!

To register and for full contest details visit clubmetro.com

VISIT clubmetro.com TO ENTER

Don't forget to like us on Facebook! [facebook.com/clubmetrowinnipeg](https://www.facebook.com/clubmetrowinnipeg)

WagJag.com

GET DEALS ON THE GO!



IPHONE APP



ANDROID APP

50-90% Off Local Daily Deals



Buy For:

\$39

80% OFF PRESCRIPTION EYEWEAR

OSBORNE SPECTACLE CENTRE

BUY FOR: \$39

76% OFF 2 PAIRS OF GEL INSOLES
SNAOGERNET.COM



BUY FOR: \$22

77% OFF AN 18KT. GOLD-PLATED NECKLACE
KOOL PRODUCTS & U



BUY FOR: \$29

67% OFF A GLASS-BEADED BRACELET
JOSEPH NOGUCCI



Unique Getaways Within Reach

Jaunt getaway and vacation packages are carefully designed to help you explore vibrant cities, experience new places and discover the world.



Follow Us: [@gojaunt](#) [facebook.com/GoJaunt](#)

Visit: **WagJag.com**

Follow us:



[facebook.com/wagjag](#)
[@wagjag](#)



Brooklyn magician David Blaine performing his latest stunt 'Electrified'. ASSOCIATED PRESS

No one's volt but his own: 'Electrified' is Blaine's latest stunt

He's electric. NYC magic man will stand for 72 hours surrounded by electricity on podium without food or sleep

MICHELLE CASTILLO
Metro World News in New York

When Claire Fraiser, a sales associate in the Garment District in New York City, heard about magician David Blaine's latest stunt "Electrified," she grabbed her daughter and headed down to Pier 54 in Manhattan on Saturday morning to see the spectacle for herself.

"I think it's a bit mellow," she admitted about the performance. "He's probably saving his best acts for later on when there's more of a crowd."

Mellow is relative, especially when you're talking about

Blaine. The Brooklyn, New York-native has been sealed in an ice cube for almost 64 hours, stood on top of a 100-foot pillar with no harness for 35 hours and placed himself inside a plexiglass cage 30 feet above the River Thames for 44 days – while only consuming water the entire time.

For his latest feat, Blaine is standing on a 20-foot high platform for 72 hours straight, without food or sleep. If that weren't hard enough, he's surrounded himself with Tesla coils that are transferring one million volts of energy from one area to another while he's in the middle of it. He'll have to concentrate on staying still, while there's the constant crackling of electricity and loud music blaring the entire time.

To up the danger, people are allowed to control how much electricity is pumped through the contraption through a computer. Other events have

Big tricks

The Brooklyn native has a list of memorable stunts. Here's his high points.

- **Frozen in time.** Blaine was sealed in a block of ice for over 63 hours.
- **Endurance.** Blaine sat in a glass box for 44 days drinking only water.

been coordinated, including one on Sunday evening where musician Andrew W.K. played a solo on a keyboard that is connected to one of Blaine's Tesla coils. The notes will power the flow of electricity.

"I'm absolutely electrified and terrified by the opportunity to play a keyboard solo and to use this incredibly powerful device" Andrew W.K. said in a statement on his website.

Familiar face. New place.

Catch the fun with **Joe Aiello**
every weekday morning.

102.3

CLEAR FM

WINNIPEG'S BEST MUSIC MIX

1023clearfm.com



Katy Perry

Perry fed up with John Mayer's wandering eye

This is getting tough to keep up with.

Katy Perry has reportedly called it quits with John Mayer once again after getting fed up with his inattentive ways and wandering eye, according to Radar Online.

"John just can't commit, and he kept luring Katy back with promises that he was going to change, but then he didn't," a source says. "Katy was pretty crazy about him, so she kept giving him another chance. John liked Katy, so

he wanted to keep her in his life, but it just wasn't up to Katy's standards."

The pair gave romance a go in August, only to break up after two weeks and then get back together again in September.

"She needs the guy to be on board 100 per cent, and she was sick of John disappearing for five days at a time then booty calling her then straightening up and treating her well, only to go back to his old behaviour a few days later," the source says.

SNL star ducking work to spend time with Wilde

Things are reportedly getting pretty serious for Olivia Wilde and Saturday Night Live star Jason Sudeikis, her boyfriend of nine months.

"They are living together now," a source tells Us Weekly. "Totally inseparable!" Sudeikis has even been ducking out of work to spend time with Wilde, as he did one night last month. "Everyone on the show staff was writing late," a source says.

"But Jason managed to sneak over to Radio City Music Hall to see Bon Iver with Olivia." As for the next big step, marriage is apparently not in the immediate future for either Wilde or Sudeikis, who both ended marriages within the last two years. "They've both been married, so they've already experienced that and know what it entails," the source says. "It's something for down the road."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



DeVito and Perlman: Goodbye to a long marriage of two short people



THE WORD
Dorothy Robinson
scene@metronews.ca

Besides recounting the latest idiotic exploit of Lindsay Lohan, I sometimes feel like celebrities either separating or divorcing is the only thing I write about it in The Word.

But none of the break-ups I've featured on these pages have been as sad as what I'm about to tell you: After more than 30 years of marriage, Danny DeVito and Rhea Perlman are separating.

Yesterday, Entertainment

Tonight broke the news that the similarly statured couple (he's 5'0" and she's 5'1") had split. And then the unthinkable happened: Danny DeVito's rep confirmed their separation to Us Weekly. The two married in 1982 and have three children together.

But, fear not! After some intense "investigative reporting" by yours truly (and by investigative reporting, I mean I stumbled upon some random GeoCities webpage listing the heights of famous people), there are other actors Perlman and DeVito can date in order to retain the adorable-factor of tiny actors in love. My suggestions:

For Rhea:

Rick Moranis 5-foot-1
David Faustino 5-foot-3
Dudley Moore (RIP) 5-foot-3
Jason Alexander 5-foot-5

For Danny:

The Olson Twins 5-foot-1
Sissy Spacek 5-foot-2
Patricia Arquette 5-foot-1
Kristen Bell 5-foot-1



David Cross

Her? Arrested Development star weds actress

David Cross married actress Amber Tamblyn over the weekend, his rep confirms to Us Weekly. The news was broken by director Lance Bangs, who posted a photo to Instagram of the couple

dancing at their reception, with the caption reading, "Yo La Tengo playing Superchunk, Mission of Burma and Pixies covers at David and Amber's wedding." The pair became engaged in August 2011.

Twitter



@lindsaylohan
Girls Love Shoes!!!



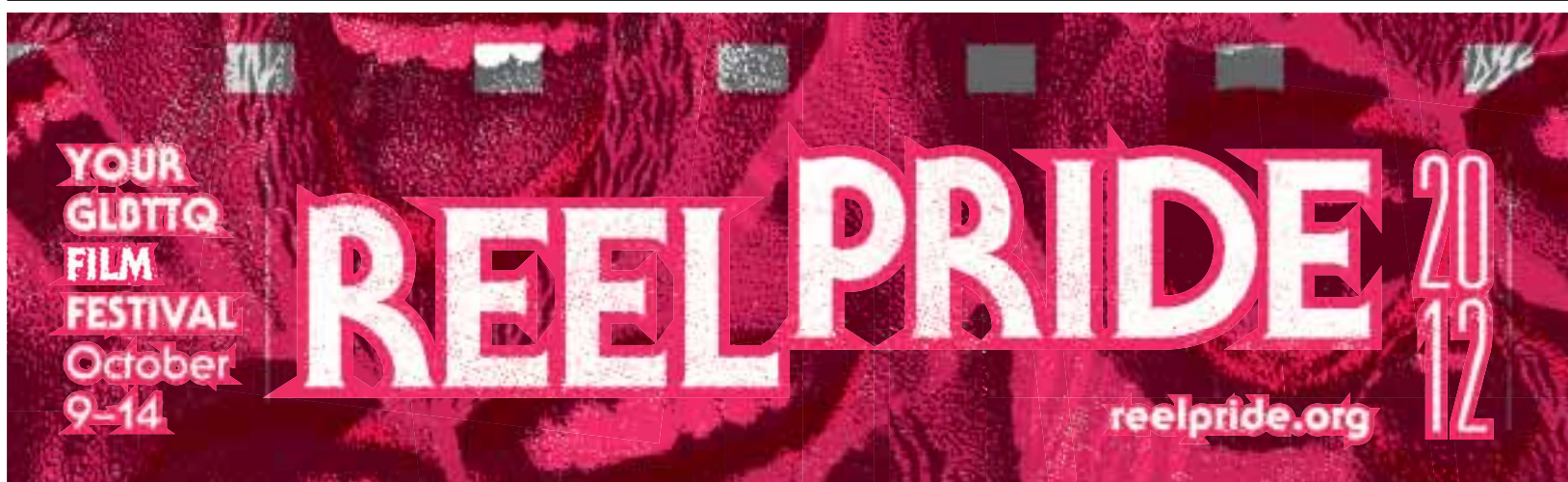
@jimmykimmel
one thing about the sewer - it's jam-packed with super villains



@mindykaling
I accidentally sprayed myself in the face with hair spray but I gotta say, it's a pretty good makeup sealant



@SteveMartinToGo
Electric eye failed on airport urinal. Had to flush it myself. WHAT'S GOING ON WITH MY LIFE?





*Use your mobile phone to call
anywhere in the world*



Unlimited Canada

Unlimited Canada
wide calling

\$5



Cuba
99.9



Crawfish
29

Mexico
— 19

Verzinsung
1,9 %

Philippe
10.9 *Chen*Kazakhstan
49th

Bangladesh
3.9



1979

Ukraine
8 8 1234567891.9 $\times 10^6$ 

Vietnam 399



4.95

Limited Time Offer:

\$25 FREE

- No contracts
- No Commitments
- Satisfaction guaranteed

No questions asked... Just FREE long distance!



Download our Comwave
Mobile App
3 Days Free Trial



BlackBerry App World

1-866-518-0237

www.comwave.net

[illegible]



*Don't pay for your
Home phone line till 2013*



Unlimited Local

Unlimited local calling and
all features FREE

\$14⁹⁵
/month

Unlimited Canada

Unlimited Canada wide
calling and all features FREE

\$19⁹⁵
/month

Unlimited Global

Unlimited calling to almost 60
countries and all features FREE

\$29⁹⁵
/month

Limited Time Offer
6 Months FREE



1-866-518-0237

www.comwave.net

While Comwave advertises this offer, Comwave reserves the right to correct any error, omission or information at any time. The 6 Month Free Promotion is based on a 15 Minute Unlimited Local or 30-Stop Subscription Line service period. If you are not 100% completely satisfied, you may terminate the service anytime within the 6 Month Free Promotion with no further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 30 days, you will receive an additional 3 months free for a total of 9 months free. WHILE PROMOTION (1-866-518-0237) has certain limitations please read the full T&C. All services are not available in all areas. Service is subject to change without notice. All services are subject to change without notice. All services are subject to change without notice. All services are subject to change without notice.

3
LIFE

Better options than Botox

Beauty An alarming amount of Botox-injected faces were seen front row during fall Fashion Weeks. But do you really want a frozen zombie face? We find out how facial yoga helps tone the face, naturally

ROMINA
MCGUINNESS
life@metronews.ca

As we age, collagen and elastin (the protein fibres responsible for maintaining the skin's elasticity and structure) production decreases. In a desperate attempt to ward off fine lines and wrinkles, people splurge on Botox jabs and miracle skin creams.

"Botox doesn't last forever and skin creams are topical," warns Annelise Hagen, facial yoga expert and author of *Yoga Face*. "Neither fix what's going on underneath the skin's surface, such as loss of muscle tone and lack of oxygen. Doing regular facial exercises increases circulation and blood flow to the face, which has been proven to prolong the production of collagen and elastin."

Still skeptical? Hagen gives us the lowdown on facial yoga.

1. It is better than Botox.

"Botox is a quick fix, the benefits are temporary. It's so obvious when you get it done that people will probably assume you have low self-esteem. Facial yoga addresses the cause of the problem, such as loss of muscle tone, whereas all Botox will do is mask the symptoms."

2. Facial muscles do their own thing.



Don't spend too much time working out or you'll look like this. GETTY IMAGES

"Facial muscles respond to exercise just like any other muscle, only they're involuntary. They do what they want, when they want. Anything you feel or think registers on your face. Facial yoga teaches you to become aware of what your face is doing, because after years of scowling, thinking or frowning, small lines will have formed."

3. It gives your face a workout.

"Some lines, such as forehead or pucker lines, form because of things your face is doing habitually, such as frowning or kissing. You can get rid of these by smoothing out and relaxing

the face. Other lines, like the nasal labial fold that goes from the nose to the mouth, tend to be caused by tension and the dragging down of gravity. The only way to get rid of these is to strengthen the muscles in that area. Contracting the muscle alone won't work. What you need to do is apply fingertip pressure to the area so that the muscle is pushing against something. Don't drag or pull with your fingers. Simply offer a resistance point so that the muscle has something to work against."

4. The results are immediate.

"A Botox jab smoothenes the face because it effectively paralyses the facial muscles. But relaxing your face does exactly the same thing. As you go through the poses, you're stimulating collagen and elastin production and increasing circulation to the facial area. This will make your face appear plumper and improve skin tone."

5. It helps relax and rejuvenate your face.

"A lot of people don't realize this but holding in tension anywhere from below the eye socket to the neck and collarbones will drag the face and its muscles down. Facial yoga releases the tension, eventually lifting the face."

6. You could even lose some wrinkles.

"There are some very big muscles in our face (the zygomatic, the masseter and the mentalis) but by working them out and training them, we can actually change the way our face looks. We can help a droop become a lift, or at least be in neutral."

7. It allows you to age gracefully.

"Everyone's looks will fade. But doing regular facial exercises can help you look your best at any age and even lose a few years. If you're impatient and want an expressionless face, go ahead and (try) turn back time with injections or surgery."

8. Overdo it and you'll look like Schwarzenegger.

"You don't want to be overly built in the face, unless you want the facial structure of Schwarzenegger. A sequence of eight moves for 10 minutes, two to three times a week is enough."

Kapalbhati

Kapalbhati skull shining breath

This detoxing yoga breath brings so much circulation to the face it will literally make you shine.

How to:

1. Sitting cross-legged on the floor, cup one hand lightly in the other and press them gently against your lower belly.
2. Quickly contract your lower belly, pushing a burst of air out of your lungs. Release the contraction of your hands so that the belly rebounds to suck air into your lungs.
3. Repeat 10 times at about one exhale-inhale cycle every second or two.

Do 25 to 30 cycles at first, eventually increasing this to 100.



Anderson family vision care

BACK TO SCHOOL SPECIAL
Buy one get a spare pair free!
Age 18 and under

GREAT SEPTEMBER SAVINGS Buy a designer frame and receive free single vision lenses.
Buy a designer frame and receive 20% off progressive lenses.

We carry the very latest in designer fashions: Gucci, Dior, Guess, Jimmy Choo, Fendi, Bebe, Oakley, Nike, Michael Kors, and so much more! Quality budget frames available too! For all your eye care needs see

ANDERSON FAMILY VISION CARE **DR. A. ANDERSON & ASSOCIATES**
90-2200 McPhillips, Winnipeg MB • 204.633.7482 • www.andersonvisioncare.ca
Some restrictions apply. Cannot be combined with other discounts. Sale ends September 30/12.

NEED COOL DESIGN TIPS?

Read metrohome every Thursday.



Trim down Asian fare with these Sweet 'n' Sour Meatballs



This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

Create your own healthy Asian fare at home. By using ground chicken, onion, ketchup, bread crumbs, egg, salt, pepper; mix well. With wet hands, form meatballs, using 1 tbsp of mix for each. Place on a plate; set aside.

1. In bowl, combine chicken, onion, ketchup, bread crumbs, egg, salt, pepper; mix well. With wet hands, form meatballs, using 1 tbsp of mix for each. Place on a plate; set aside.

2. In saucepan, heat oil over medium heat. Add garlic and onion and cook just until softened, 3 mins. Add bell peppers and cook 4 mins. Add tomato and pineapple juices, chili sauce, brown sugar, cornstarch and meatballs. Cover, reduce heat, simmer 25 mins., or until meatballs cooked through.

3. Meanwhile, bring rice and water to boil; cover and simmer

Ingredients

- 12 oz ground chicken
- 1/4 cup finely chopped onion
- 2 tbsp ketchup
- 5 tbsp seasoned dry bread crumbs
- 1 egg
- pinch of salt and pepper
- 2 tsp vegetable oil
- 2 tsp finely chopped garlic
- 1/2 cup chopped onion
- 1/2 cup each diced red and green bell peppers
- 1 1/2 cups tomato juice
- 2 cups pineapple juice
- 1/2 cup sweet chili sauce
- 2 tbsp brown sugar
- 1 tbsp cornstarch
- 1 cup white rice
- 1 cup water
- 1/2 cup diced pineapple (fresh or canned)
- 3 tbsp chopped parsley

10 mins. Remove from heat and let stand 10 mins, covered.

4. Serve meatballs and sauce over rice. Garnish with pineapple and parsley. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**
BY ROSE REISMAN

Health Solutions

The frozen truth



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Weeknight meals during the chilly season need mindless nutrition.

There is no need to default to a ready-made lasagna when a quick frying pan full of high-nutrient food, that is also warming of the belly, is close at hand.

Here are the top items for your freezer if you want to get gourmet and healthy picks right out of the box.

1. Cookin' Greens

Cookin' Greens has a whole line of dark leafy greens ready to be stirred into a soup or pasta.

2. Frozen Shrimp

Frozen shrimp is the fastest cooking, exotic protein to go with your Caesar (salad or beverage).

3. Pizza

Whole grain thin crust pizza can be doctored with

fresh herbs, spinach and pine nuts for fast deliciousness.

4. Edamame

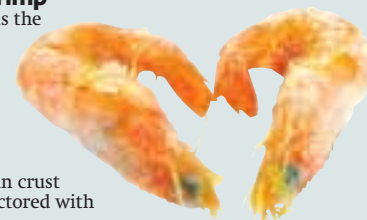
Edamame is the perfect appetizer or snack. Steam and sprinkle with sea salt for a healthy yum.

5. Tortellini

Whole grain tortellini makes weeknight meals a snap. Just add salad.

There are foods in your freezer now that can make the difference between a messy meal and one that can help you fight off the next round flu. TV dinners don't have to be what they used to be — if you know where to look.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Mushroom Pot Stickers. Traditional dumplings

This tasty take on the traditional dumpling uses a combination of mushrooms, black beans, ginger and scallions topped with creamy almond butter for a punch of flavour.

1. In frying pan, place oil. Over medium heat, sweat shallots and garlic until translucent; add mushrooms. Season with salt and pepper; cook until mix is dry, 7 mins. Remove from heat and let mushrooms cool.

2. In bowl, using back of fork, mash beans. Fold in ginger, scallions and cilantro; add rice vinegar, sesame oil. Season with salt and pep-

per. Once mushrooms cool, fold into bean mix.

3. Spoon 1 ml (1/4 tsp) almond butter onto dumpling wrapper. Top with 15 ml (1 tbsp) of mushroom filling. Wet edges with water, fold over one side and press edges closed. Wet crease with water and crimp edges to seal. Continue with remaining wrappers and filling.

4. Bring pot of lightly salted water to boil. Gently boil 12 pieces at a time, 3 minutes or until floating. Remove from water, pat dry and place in a hot frying pan with oil and fry on one side until golden brown, then turn over and

Ingredients

- 90 ml (6 tbsp) vegetable oil
- 5 shallots, diced
- 4 cloves garlic, diced
- 285 g (10 oz) shiitake mushroom caps, thinly sliced
- 250 ml (1 cup) canned black beans, rinsed
- 75 ml (5 tbsp) pickled ginger, sliced (reserve half for garnish)
- 8 scallions, sliced (reserve half for garnish)
- 30 ml (2 tbsp) chopped cilantro
- 30 ml (2 tbsp) rice wine vinegar
- 15 ml (1 tbsp) dark sesame oil
- Salt and pepper, to taste
- 50 ml (1/4 cup) almond butter, divided
- 1 pkg dumpling wrappers
- Black sesame seeds, garnish
- 125 ml (1/2 cup) teriyaki sauce

fry other side to brown.

5. Garnish with black sesame seeds, thinly sliced scallions and ginger and drizzle

with teriyaki sauce.

THE CANADIAN PRESS/ CHEF ANTHONY ROSE OF THE DRAKE HOTEL IN TORONTO FOR THE ALMOND BOARD OF CALIFORNIA



This recipe makes 60 dumplings. THE CANADIAN PRESS H/O

Royal Fork Buffet

NOW WITH

- SUSHI
- BUBBLE TEA
- CHINESE FOOD

(204) 668-1960 Unit 900-1615 Regent Ave. W

\$2.00 OFF

REGULAR LUNCH OR DINNER

(Adults & Seniors only. One coupon per person, not valid on Holidays) Expires October 31, 2012.

www.royalforkwinnipeg.com

Should Rihanna give violent 'love of her life' Brown a second chance?

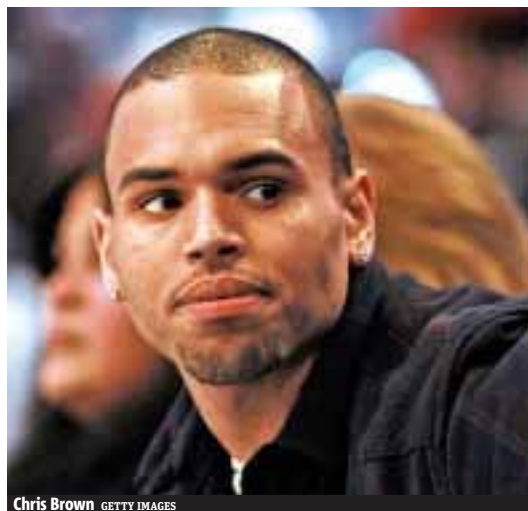
Pair seen kissing in club. After all that's happened, Barbados pop songstress seems willing to let painful bygones be bygones

ROMINA
MCGUINNESS
life@metronews.ca

Last Monday night, former pop couple Chris Brown and Rihanna were spotted kissing and dirty dancing at a NYC club, fuelling speculation that the pair are rekindling their love life.

Rumours of reconciliation between Brown, 23, and Rihanna, 24, have been circling for months. Last February, Brown featured on Rihanna's remix of her song Birthday Cake as the Barbados songstress lent her vocals to Brown's remix of Turn up the Music.

In June, Brown was bottled during a nightclub fight allegedly involving Rihanna's ex boyfriend, Toronto rapper Drake. But the biggest twist was Rihanna's emotional inter-



Chris Brown GETTY IMAGES

view with Oprah Winfrey on Oprah's Next Chapter in August, when the pop star confessed Brown was the "love of her life" and that she'd forgiven him for his violent behaviour.

In 2009, Brown's then-girlfriend Rihanna was left hospitalized with visible facial wounds after Brown allegedly

assaulted her. The infamous incident caused massive public outrage, with fans urging Rihanna to stay away from her ex boyfriend.

Meanwhile, Brown decided to set the record straight by releasing the following statement, much to the ire of his most recent love interest



Rihanna GETTY IMAGES

23-year-old model Karrueche Tran: "I have decided to be single to focus on my career. I love Karrueche very much but I don't want to see her hurt over my friendship with Rihanna. I'd rather be single allowing us to both be happy in our lives."

Brown then posted a video on Twitter, The Real

Chris Brown (<http://vimeo.com/50805715>) addressing the Chris-Rihanna-Karrueche love triangle. Speaking to the camera, he says: "When you share history with somebody then you tend to fall in love with somebody else, it's difficult. Is there such a thing as loving two people? I don't know if

that is possible but I feel like that."

Can we love two people at the same time? Relationship expert David Sbarra has doubts. "The neurobiology of love makes it quite difficult to be actively 'in love' with two people," Sbarra told Metro.

"When you're in love with someone, so much energy and mental space is devoted to that person, it's very hard to think about two people in this way." Many people will question how Rihanna can ever forgive Brown for the assault. Sbarra believes, however, that such an incident is "like an old sports injury one can live with."

"The psychological pain of a romantic breakup is like a physical scar or an old sports injury. When it's not too intense, we can play the same sport again, but the injury is still quite raw. Yet over time, we can get to a place where we don't even notice that old injury or hurt."

Right now, Rihanna and Brown seem determined to give their relationship another go. And they're not seeking anyone's blessing.

Digital greetings making life hard for the card

Times are changing. Hallmark cuts staff as young Internet users shun the personal touch of mailing cards

Say it's your birthday or you've just had a baby, maybe got engaged or bought your first house. If you're like many

North Americans, your friends are texting their congratulations, sending you an e-card or clicking "Like" on your Facebook wall. But how many will send a paper greeting card?

Once a staple of birthdays and holidays, paper greeting cards are fewer and farther between – now seen as something special, instead of something that's required. The cultural shift is a worrying challenge

for the nation's top card maker, Hallmark Cards Inc., which last week announced it will close a Kansas plant that made one-third of its greeting cards. In consolidating its Kansas operations, Kansas City-based Hallmark plans to shed 300 jobs.

Over the past decade, the number of greeting cards sold in the U.S. has dropped from six to five billion annually, by Hallmark's estimates. The Greeting

Card Association puts the overall sold figure at seven billion.

Brian Sword, 34, of Kansas City, said he's "definitely" buying and receiving fewer printed cards than he did a decade ago.

"I think there's lots of benefits and it says more when a paper card comes rather than when it comes even as an online greeting card," Sword said.

Even the paper cards people buy have changed. Many people

now use online photo sites to upload images and write their own greetings. Paper stores are attracting customers who design their own cards, often using graphics software once available only to professionals.

Judith Martin, author of the syndicated Miss Manners column, says she thinks the move away from mass-produced sentiment isn't all bad.

"The most formal situa-

tions still require something written," she said. "The least formal are easily taken care of with texting or email, which is terrific. The idea that it has to be all one or all the other and that one method is totally out of date and the other one takes over until the next thing comes along just impoverishes the ways that we can use these different things."

THE ASSOCIATED PRESS

Bringing home baby. Hospital workers run off their feet.

Find out if hospitals have enough beds and staff to care for you when it's time to deliver your baby.

Tune in Tuesday, October 9th for this exclusive story.



Morning Radio

with Terry MacLeod
and Marcy Markusa
on **CBC Radio One 89.3 FM / 990 AM**
from 5:30 to 8:30 am

CBC News Winnipeg

with Janet Stewart
and Mitch Peacock
on **CBC Television**
5, 5:30 & 6 pm



For more information visit cbc.ca/manitoba



CBC NEWS



ROBERTSON COLLEGE PHOTO

REAL-WORLD STUDIES AT ROBERTSON

You enrol at Robertson College to get a job. And it's the goal of every staff person and instructor who works there to help you get one.

Practicums are part of that process.

A practicum is a work placement, lasting between two and eight weeks, which every Robertson College student must complete. It allows you to apply what you have learned in the classroom to real-world situations. It ensures that you are ready to join the working world in the field of your choice.

Practicum hosts are chosen very carefully. A committee, made up of various college representatives, instructors, and supervisor of practicum services, Patrick Coughlan, reviews each application to determine the ideal fit. The instructors know you. Coughlan, with the backing of Robertson's 100-year history in Winnipeg, knows the employers. You are connected before you even finish school.

"Practicums can lead straight to a career," says Coughlan, who notes that 40 per cent of practicum hosts offer students employment during or immediately following a practicum placement within their companies. "But even if yours does not, you'll still gain valuable experience to put on your resumé ... If you're still in search of a job when your program ends, we'll help you find one."

To learn more, call the Robertson College direct line at 204-943-5661, or email Info@RobertsonCollege.com.

For more information, please visit robertsoncollege.com.



ISTOCKPHOTO/THINKSTOCK

MIDTERM MADNESS

BEST APPROACH IS TO STUDY FREQUENTLY DURING THE SEMESTER

When studying for midterms, one of the biggest (and most common) mistakes students make is that they cram right before the test.

"The brain just doesn't take in all that ... information at once," says Julie Lockhart, a writing and learning strategist with Mount Royal University in Calgary. "Our brain likes us to break things up into smaller pieces and go over it more than once."

For this reason, students should begin their midterm preparations as soon as classes begin and study the material on a regular basis. Students should use the course syllabus as a guideline for what topics they will need to know for the midterm.

Even if students haven't been doing that, they can apply the same learning principle between now and their midterm. If the midterm is in three days and the

STUDY LOCALES: TWO SCHOOLS OF THOUGHT

When it comes to where one should study for a midterm, there are two prevailing schools of thought. One holds that people should study in the same place they always do, while another says they should change up their study locale.

"If we vary the location of where we study, it forces our brain to compensate

for the sort of distraction for the new stimulus that's around us and it actually makes our brain work harder," says Elizabeth Challis, a study skills facilitator at the University of Winnipeg.

She recommends that students experiment and find out which location works best for them.

student has three chapters to cover, they should plan to study one chapter a day.

In preparing for the midterm, students shouldn't just re-read the material. In order for the brain to truly absorb the information, people need to do something active with the information.

"They need to go through lots of practice questions," says Elizabeth Challis, a

study skills facilitator at the University of Winnipeg. She even recommends that students make up questions based on the lectures and course readings.

When preparing for a midterm, Joanne Mills, the co-ordinator of counselling services at Mount Saint Vincent University in Halifax, recommends studying in chunks of no more than an hour.



**Outtatown is an adventure
to prepare you for the future.**

Knowing God / Knowing Yourself / Knowing the World

www.outtatown.com

CMU

outtatown

A DISCIPLESHIP SCHOOL



WELLINGTON COLLEGE PHOTO

HANDS-ON TRAINING AT WELLINGTON

You never stop learning. That's why Wellington College offers continuing education workshops throughout the school year.

Lasting a maximum of three days, these workshops can broaden your knowledge of massage therapy — or help you specialize in your field. They also offer MTAM and NHPC credits you need to advance your career.

Most of these workshops are open to both Wellington students and alumni,

along with other registered massage therapists, and even students of other massage therapy schools in Winnipeg. No other facility in Manitoba, besides MTAM itself, offers something quite like this.

Wellington's sports therapy workshop series consists of seven independent modules taught between October 2012 and May 2013. Subjects include pre- and post-sports event massage, soft tissue release, and rehabilitation for injured athletes. If

you complete all modules, and successfully pass all post-requisites, you will receive a certificate in sports therapy.

The three-day hot stone massage workshop, taking place Jan. 11-13, 2013, will teach you the techniques, benefits, and contra-indications of hot- and cold-stone therapy. You will also learn to arrange and properly care for your hot stones. Graduates of this workshop will be able to perform a 90-minute massage of this type.

The two-day breast massage workshop, lasting from March 15-16, 2013, will teach you about the unique physiology of breast tissue and how to best apply breast massage. It will also help you to become more comfortable discussing this delicate subject with your clients.

The three-day introduction to aromatherapy workshop, taking place April 12-14, 2013, will teach you the origins, Latin names, properties, uses, and benefits of 20 essential oils. You will learn how to blend them, and apply them safely and effectively, as part of your massage therapy.

Understanding the pregnant pelvis, Level 1, is a three-day, advanced level workshop for registered massage therapists only. Lasting from April 19-21, 2013, this hands-on workshop focuses on specific techniques and positioning to help those going through the physical and physiological changes of pregnancy.

Understanding the pregnant pelvis, Level 2 — also a three-day, advanced level workshop — takes place Nov. 2-4, 2012. Furthering the instruction provided in understanding the pregnant pelvis, Level 1, this workshop will teach you the signs and symptoms of labour, the techniques of pain- and pressure-management, and much more.

To register for a workshop, phone 204-957-2402 or email Brie-Ann Timings, workshop co-ordinator, at brie-ann@wellingtoncollege.com. To learn more, visit wellingtoncollege.com.

Start a career you will love! **Become a TRAVEL COUNSELLOR**

why Robertson College?

- ✓ CITC endorsed program
- ✓ One week Familiarization trip
- ✓ Student Laptop program
- ✓ Half-day classes
- ✓ Career Services

scan QR code for more info!



classes start soon! Call now -

204.800.7933

www.robertsoncollege.com

**ROBERTSON
COLLEGE**



THE UNIVERSITY OF WINNIPEG

PROFESSIONAL, APPLIED AND CONTINUING EDUCATION

Further develop your knowledge and help your company grow

The IT Management Certificate Program starts November 2012



First class begins November 12:

"Understanding the IT Landscape: Processes/Framework & Emerging Technologies"

Learn how to make agile business decisions that will have long term benefits for your company.



Call (204) 982-6633
or email: c.domke@uwinnipeg.ca
pace.UWinnipegCourses.ca



CHRISTIAN MENNONITE UNIVERSITY PHOTO

CMU ALLOWS YOU TO EXPLORE THE WORLD

It's a big world. Enrol at Christian Mennonite University (CMU) and you can see more of it.

CMU's Outtatown Discipleship School offers unique, two-semester programs in Guatemala and South America, plus a one-semester program in French Africa. It's your chance to see new places, make new friends, and serve God — and earn up to 18 university credit hours for the work you do.

Sound intriguing?

It sure did to Scott Janzen. He was one of 12 students who formed the first class

at the French Africa site.

"I wanted to learn French and thought this might be a really good fit," he says. "And that's where I ended up going."

Janzen's Outtatown journey didn't begin in Africa. First he took part in a canoe trip in western Ontario. From there, he spent time in St. Boniface, Winnipeg's celebrated French Quarter. Then came trips to Camp Peniel, Montreal, and Quebec City — and finally, to Paris. With these tours complete, Janzen and the rest of his class made their flight to Africa. They spent the majority of their Out-

tatown experience there, including time spent in Burkino Faso.

Outtatown introduced Janzen to many things. For one, he learned his French wasn't as good as he thought it was (though he was able to get by). He also met fascinating people.

"I was really struck by the difference between media projections of Africa and experiencing it first-hand," he says. "(Outtatown) really opened my eyes to the real Africa."

To find out if Outtatown is right for you, visit cmu.ca.

IT MANAGEMENT OFFERS MANY CAREER CHOICES

Computers play an integral part in every industry. That means IT managers do, too. If you're interested in a career in IT management, you can find one in construction, health care, finance, education, engineering, different levels of government, and dozens more industries across the country.

But is IT management right for you? Professional, Applied and Continuing Education (PACE) at the University of Winnipeg can help you find out. Its IT management certificate program explores IT management as a specialty unto itself,

rather than simply applying management principles to the IT field. The program provides graduates with an education and set of skills unique to their discipline.

The IT management program is designed for students looking to begin careers as managers, as well as current managers hoping to broaden their knowledge.

To ensure this, the program was developed with input from an advisory committee made up of local businesspeople and government representatives. The result is a program that explores a

wide range of disciplines associated with IT management, including planning, purchasing, integration, service delivery, and managing risk.

The IT management certificate program is offered in a part-time format during the evenings. Its first required course, "Understanding the IT Landscape," begins Nov. 12.

To apply, phone 204-982-6633, or send an email to c.domke@uwinnipeg.ca. Read more about PACE programs, including this one, at pace.uwinnipegcourses.ca.



ISTOCKPHOTO/THINKSTOCK



**Pharmacy
Technician
Classes
start soon**

**CALL
US
TODAY**

**HERZING
COLLEGE**

1-866 NEW CAREER 1-866-(639-2273)
723 Portage Avenue, Winnipeg, MB R3G 0M8

CAREER FOCUSED • CONVENIENT • CARING www.herzing.ca



YOU'RE ALWAYS WELCOME AT WTC

A new phase in the history of Winnipeg Technical College officially begins today.

Tuesday marks the grand opening of WTC's Fultz Campus: A 50,000-square-foot addition to the college's academic space. Combined with substantial renovations to Henlow Campus, this addition promises big changes for students and faculty at WTC.

Among those changes: New programs. The reconstructed Henlow Campus is now home to a personal fitness trainer program, affiliated with the World Instructor Training School (WITS). It also hosts an innovative network security diploma program, offered in partnership with the University of Winnipeg, which trains students in the fields of IT security and ethical hacking.

Henlow Campus will also be home to the relocated medical administrative assistant and business administrative assistant programs, freeing up space at WTC's Pembina Campus for more English as an additional language classes.

WTC's existing carpentry, industrial electronics, technical drafting, and electrical applications programs have been moved to the new Fultz Campus, where increased classroom and workshop space



WINNIPEG TECHNICAL COLLEGE PHOTO

will give students more freedom for hands-on learning. The electrical applications program will also benefit through a partnership with The International Brotherhood of Electrical Workers Local 2085 (IBEW Local 2085), who have do-

nated funds for upgraded equipment and training space.

The Henlow Campus renovations have also enhanced WTC's partnership with the Centre for Education and Work (CEW). A non-profit organiza-

tion, CEW helps workplaces develop and deliver customized education and training solutions. Now CEW has its own space on Henlow Campus — for offices, programmers, new media, and audio/video production, including a recording studio. WTC, in turn, will take advantage of CEW's cutting-edge products and prototypes.

Henlow Campus isn't all about hard work, though. Its new Student Success Centre lets students unwind in a café-style environment, complete with couches and computer bays nearby. Academic and employment assistance is available at the centre, too.

If you want to learn more about living and studying at Winnipeg Technical College, call the general line today at 204-989-6500. You can also visit wtc.mb.ca.

Better yet, why not see the facilities in person? WTC's Pembina Campus is located at 1551 Pembina Hwy., in Winnipeg. Henlow Campus is located at 130 Henlow Bay, and Fultz Campus is only a short walk away at 7 Fultz Blvd. You can schedule an individual tour of any campus by calling the general line. Tours are available any day of the week.

At WTC, you're always welcome.



RED RIVER COLLEGE
OF APPLIED ARTS, SCIENCE AND TECHNOLOGY

Bring Your Future Into Focus

"My RRC instructors taught me that to be successful in business, you always need to work hard to be better than you were yesterday ... because if you don't, someone else will."

— Sean Sylvestre, President & CEO, Eyewear Evolution



At Red River College, we pride ourselves on helping budding entrepreneurs turn their business ideas into realities. From simple startups to international success stories, our graduates leave their mark on the marketplace.

Just ask Sean Sylvestre (Business Administration, 2003), the founder of Eyewear Evolution, a new company using "virtual mirror" software to bridge the gap between traditional and online optical retailers. In coming up with an innovative solution to an industry-wide challenge, Sean typifies the creative, cutting-edge vision we've come to expect from our grads, who achieve success in everything from marketing to management, finance to manufacturing.

To learn more about our Business Administration program, see rrc.ca/bus.

HERZING COLLEGE IS DEDICATED TO SUCCESS

Since 1970, Herzing has prepared thousands of students for careers in health care, business, technology, and law. It's the only college in Manitoba accredited by the Canadian Education and Training Accreditation Commission (CETAC). And it's a two-time recipient of the Better Business Bureau's Building Marketplace Trust award.

These are impressive achievements. But for the faculty at Herzing, accolades aren't the chief source of pride. Building long-term relationships is.

"Herzing College has an extremely low staff turnover," says Bill Riches, college president. "Meaning, if you graduate from one of our programs, then recommend it to family members or friends, the same instructors who were there for you will be there for them." From year to year, even generation to generation, Herzing provides a consistent quality of education.

Another part of building a successful relationship with students is ensuring their education is an affordable one. If your finances are preventing you from pursuing the training you need, Herzing

MORE INFO

Herzing College is located at 723 Portage Ave. For more information, call 204-775-8175, or email info@wpg.herzing.edu. You can also visit the college's website at herzing.ca/winnipeg.

College may be able to help. Your options may include student loans, grants, or government assistance. Herzing admissions advisers can help you identify the solution that is best for you, free of charge.

Should you start to struggle with your studies, Herzing will help with that, too: Arranging free, one-on-one tutoring, and self-paced remedial courses in math, English and science.

Herzing College programs are designed to teach you the skills employers are looking for. They are led by instructors with industry experience — and supported by career services specialists who maintain strong ties between Herzing



HERZING COLLEGE PHOTO

and internship hosts and employers. All Herzing programs are driven by advisory boards made up of industry experts and employers.

This dedication to success explains why Herzing College has such a low student dropout rate. For Riches, that's really the whole point.

"We will educate you and work with you until you're employed in your field of study," he says. "That's our goal. It's why we do what we do. And five or 10 years from now, if you're looking for a new career once again, we'll still be there to help. Your relationship with Herzing College is ongoing — for as long as you need it."

WELLINGTON
COLLEGE PRESENTS...

**I'M
KIND
OF A
BIG
DEAL**

WELLINGTON COLLEGE . COM
435 BERRY STREET / WINNIPEG MB
R3J 1N6 / 204 957 2402 /
INFO@WELLINGTONCOLLEGE.COM

WELLINGTON GRADUATES ARE KIND OF A BIG DEAL BECAUSE THEY CONTINUE THEIR EDUCATION POST-GRADUATION THROUGH WORKSHOPS OFFERED AT WELLINGTON COLLEGE. WE ARE PLEASED TO PROVIDE OPPORTUNITIES FOR OUR ALUMNI AND CURRENT STUDENTS TO DEVELOP THEIR PROFESSIONAL SKILLS AND GROW IN THEIR KNOWLEDGE OF THERAPEUTIC MASSAGE AND ITS SUPPORTING MODALITIES.



**CONTACT US
FOR AN ALUMNI
REFERRAL IN
YOUR AREA!!**

CHECK OUT OUR ALUMNI PROFILES ONLINE!
WELLINGTONCOLLEGE.COM



RED RIVER HAS A PROGRAM FOR YOU

Flexibility. Variety. Practical instruction. You would want these things from any training program you take. And you will get them all at Red River College.

Whatever your schedule, whatever your educational goals, Red River College has a program for you. If you are a busy person with a short window for studying, look into one of Red River's fast-track options — like the 15-week railway conductor program, or the eight-month

professional photography program, or the 11-month legal administrative assistant program. You can upgrade your skills without investing too many hours to do it.

Red River College also offers advanced diploma programs for students already with a university degree. If you have a largely theory-based degree, one of these programs could provide you with the practical skill set you need to be more employable. Programs like geographic

information systems technology, technology management, and 3-D computer graphics allow you to enrich the academic knowledge you already have, then put it to work.

You can even earn a four-year degree.

Red River College currently offers two degree programs. The nursing program, lasting 32 months, includes theoretical and clinical practice, concurrently. Following the final year, you will undertake a 450-

hour senior practicum. The construction management program, lasting 44 months, includes three six-month co-op terms. If you are already considering a university program to get a similar degree, you should read about what Red River College has to offer.

"Some students and parents still believe that university should always be their first choice," says Colin Fast, communications manager, Red River College. "But depending on what kind of career they want to pursue, and what type of learning they prefer, college can often be the better option. Yes, trades programs are still a critical part of what we do, but we also train people to work in fields like medical imaging, digital media design, and mechanical engineering.

"Colleges offer more career-focused programs," he adds. "We have a more hands-on style of learning than universities do. We're able to better respond to market demands from both students and industry. We're also able to move much more quickly than universities do when it comes to making major program changes. We're an equal, but different, option.

"It really depends on what your educational goals are and how you like to learn."

Red River College operates several campuses in Winnipeg and throughout Manitoba. To find out about your opportunities at one of them, visit rrc.ca.

NEW CAMPUS



GRAND OPENING

Winnipeg Technical College is proud to announce the grand opening of our new campus at 7 Fultz Boulevard and renovated main campus at 130 Henlow Bay. A ribbon-cutting ceremony will mark this momentous occasion, followed by tours of both locations. Students... welcome home!

WINNIPEG
TECHNICAL
COLLEGE

wtc.mb.ca



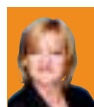
204.989.6500



The best way to buy corporate bonds is through exchange-traded funds (ETFs). ISTOCK IMAGES

Bonds put regular money in your pocket

Alison's Money Rule.
Don't dismiss bonds; they add safety to your investment portfolio



YOUR MONEY
Alison Griffiths
money@metronews.ca

If you are looking for investing love today you'll find it in one word — yield. What's not to love about an investment that pays out regularly?

Before the current rock bottom interest rates became entrenched, government bonds provided a reasonable yield and ballast to your portfolio.

However, such investments are not much loved these days unless you choose those maturing in the far distant future.

You'll get a higher yield but it will be locked in. When interest rates finally rise your investment will be worth less. And your yield will be left behind as rates

increase. So my advice is to choose short-term bonds for now.

One option is investment grade corporate bonds such as offered by the banks and other large, relatively stable corporations.

Your risk is not much more than government bonds but the yield will be higher, .50 per cent to 1.25 per cent on average.

The best way to buy such bonds is through exchange-traded funds (ETFs.) These are listed on the stock exchange just like a stock.

Because ETFs track an index and do no trading, the fees are tiny, far lower than charged by mutual funds. They also spread the risk among the pool of companies in the index.

You can purchase hybrid ETFs, which are a mix of government and corporate bonds. But with today's low interest rates most people, except for the extremely risk averse, are better off sticking with investment grade corporate bond ETFs. Unlike buying individual bonds, which mature on a specific date, ETF's hold

Corporate bond ETF providers

- BMO. etfs.bmo.com
- RBC. funds.rbcgam.com/etfs
- iShares. ca.ishares.com/home.htm
- Powershares. invesco.ca
- First Asset. firstasset.com

a basket of bonds and roll them over as each comes due. Look for average maturities of around six years or less.

Sometimes it's hard to tell whether an ETF has government or corporate bonds or both.

Click on the product list of the respective providers and go to fixed income. From there you can generally click on the bond ETF name and a summary will appear including management fee.

Look for the explanation of the index and there you will discover the content of the ETF.

Paying in cash

Sidestepping the tax man



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I recently moved into an eight-year-old inner-city condo that I love. It's got beautiful views, in fantastic location and the perfect amount of space for my lifestyle.

However, many of the features of my home needed to be upgraded when I took possession and so I embarked on a home renovation. I've focused on high-value aspects of the home such as the counter tops, sinks, faucets, glass for baths, appliances and removing a non-structural wall that was partially blocking my view of downtown.

On a few occasions throughout the three-month process, contractors quoted me prices in cash or cheque. Not surprisingly the cash quotes were significantly less.

This got me thinking about whether paying cash to sidestep the taxman is OK. Certainly it's more frugal to pay cash because you save big dollars and you avoid racking up your credit card. But, while paying cash can save you sales tax, there can be serious implications for not reporting income.

According to H&R Block's September 2012 survey, the majority of Canadians admit to paying cash to avoid sales taxes, but only 30 per cent feel that it's wrong to do so. Not surprisingly, younger



There are legitimate tax credits and benefits available if you are looking to save on taxes. ISTOCK IMAGES

cash-strapped respondents, aged 18 to 34, appear more eager to save through cash payments than older respondents.

If an individual or business is looking for ways to save on taxes, there are legitimate tax credits and benefits available to Canadians.

Businesses, for example, can receive credits for over 20 different types of expenses such as automobile, telephone, health-plan premiums, insurance, bad debts, advertising and much more. Check out how you or your business can save money on taxes through Revenue Canada's website cra.gc.ca/taxsavings.

If you, as an individual, need to save money on big-ticket items like renovations, try negotiating the price with the con-

tractor by getting multiple quotes, work alongside labourers, source your own supplies and ask for discounts at every step of the process.

If you do have undeclared income, you can report it through Revenue Canada's Voluntary Disclosure Program. There are no penalties for declaring, but it doesn't exempt you from paying taxes or interest. Many contractors and restaurant workers declare income through this program.

Frugality shouldn't outweigh legality. Be financially resourceful when you're embarking on expensive projects and take advantage of legitimate tax savings.

Follow Lesley on Twitter
@LesleyScorgie



Based on every dollar you invest in The Greater Interest GIC®, Canadian Western Bank will make a donation to your local Big Brothers Big Sisters organization.

Available September through October.

The more YOU INVEST,

The more LOCAL KIDS benefit.

18 month RRSP / RRIF / TFSA or regular GIC

2.00%*

Learn more at greaterinterest.ca or call us today:
Downtown: (204) 956-4669
New branch opening in Kenaston: (204) 452-0939

* Rate subject to change without notice. Available for a limited time only. Interest is compounded annually, paid at maturity. Some restrictions apply. See branch for details.

Member of CDIC

Bombers find happy place in Montreal

CFL. Coach says looser attitude helped key big win against Alouettes

"Don't worry, be happy" was coach Tim Burke's message to the Winnipeg Blue Bombers this week and the result was the biggest victory of the CFL season for his struggling team.

Third-string quarterback Joey Elliott threw touchdown passes to Terrence Edwards, Chris Matthews and Rory Kohlert as the Bombers downed the East Division-leading Montreal Alouettes 27-22 Monday for their first road win in seven attempts this season.

Winnipeg (4-10), which has won twice in its last three games, saw Elliott amass 335 passing yards on 17 completions in relief of injured starter Buck Pierce. Justin Palardy added a pair of field goals.

"I think the guys played without having a lot of tension in them — they just went out and played," said Burke. "Montreal's one of the best teams in the league and to beat them at home, that tells you that you can beat anybody."

"So we just need to play like that all the time. Just be relaxed and go out and have fun and not press. We've been pressing too hard."

The Bombers will probably need to run the table in their last four regular-season games, starting Saturday at home against Calgary, to have any chance to reach the playoffs.

They trail third-place Hamilton by two points in the East but must also catch Edmonton, the West's fourth-place side that is four points ahead, to prevent a cross-over playoff entry.

Brandon London and backup quarterback Adrian McPherson scored TDs and Sean Whyte had three field goals for Montreal (8-6), which fumbled the ball away three times and saw quarterback Anthony



Bo Bowling is pulled down by Winnipeg's Alex Suber in Montreal on Monday. GRAHAM HUGHES/THE CANADIAN PRESS

Monday's game

27 22

Blue Bombers

Alouettes

Calvillo picked off twice.

Montreal, which recovered two more of its own fumbles, dropped a second game in a row after a 41-28 blowout loss in Hamilton. They will battle the Argonauts for first place in the division in Toronto this

Quoted

"It's a huge win for our team offensively, to come into this house and play a tough team and put some points up."

Joey Elliott, Winnipeg's starting quarterback on Monday in Montreal

Sunday.

Alouettes coach Marc Trestman called it "unacceptable at all levels from our football team."

"Everything trickles down from the preciousness of the football. When you don't take care of the ball bad things can happen. We turned the

ball over five times, twice in the red zone. When you look at the stats, we had 400 yards of offence (424) and 24 first downs. Our quarterback threw for over 300 yards (336). Turnovers were the difference in not moving the ball more and winning the game."

THE CANADIAN PRESS

CFL. Riders run Argos out of Rogers Centre

Kory Sheets and Weston Dressler scored third-quarter touchdowns to power the Saskatchewan Roughriders to a decisive 36-10 win over the Toronto Argonauts on Monday.

Sheets' season-high 48-yard TD run at 9:29 put Saskatchewan ahead 29-10 and brought "Let's Go Riders" chants from

the Riders faithful in attendance in Toronto. Sheets also surpassed the 1,000-yard rushing plateau on the play.

Darian Durant cemented the win at 11:25 with a 78-yard TD strike to Dressler, the Rider slotback's league-leading 10th touchdown catch this season.

THE CANADIAN PRESS



Roughriders running back Kory Sheets rushes against the Argonauts in Toronto on Monday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

NHL

Lockout talks to remain focused on secondary issues

The NHL and NHL Players' Association likely won't discuss economics when collective bargaining talks resume this week.

The sides have agreed to sit down together in New York on Wednesday and Thursday, but deputy commissioner Bill Daly said Monday that he expects the conversation to cover secondary issues, including "health and safety, medical care, drug testing, rent, and mortgage reimbursements (and) grievances."

Talks have been limited to ancillary topics since the lockout was enacted, including during two separate sessions last week.

THE CANADIAN PRESS

MLB

Cards continue to answer call of fall

Never count out the St. Louis Cardinals in October — especially after they lose a series opener.

Carlos Beltran hit the last two of the Cardinals' four homers and St. Louis chased an ineffective Jordan Zimmermann early in a 12-4 rout of the Washington Nationals on Monday that tied their NL division series at one game apiece.

"We know this offence has the potential to do this," Cardinals manager Mike Matheny said.

The Cardinals also lost the division series and NLCS openers last fall, then finished strong in the World Series after spotting Texas a 3-2 lead.

THE ASSOCIATED PRESS



St. Louis centre-fielder Jon Jay makes a catch Monday. GETTY IMAGES

NBA

Raptors get first Real test of pre-season

DeMar DeRozan poured in 18 points and John Lucas added 16 of his own Monday as the Raptors won their pre-season opener, 102-96, over Spain's Real Madrid in Toronto. Andrea Bargnani had 14 points for the Raptors, who ended the third quarter up by two before pulling away in the fourth. THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

What can you do to make the world a better place? The Sun and Jupiter will put you in a position where you can make it happen today. But you must avoid negative thinking. See only the best in people.

Taurus

April 21 - May 21

Don't waste time on negative individuals who don't see life through your rose-tinted spectacles. You were born to take risks and you were born to have fun, so what are you waiting for? Go for it, Taurus!

Gemini

May 22 - June 21

If others get the idea that you are about to make changes, they might use it as an excuse to make changes of their own — and they may not be to your liking. Why not just leave things as they are?

Cancer

June 22 - July 23

Don't follow the herd: Go your own way, do your own thing and don't worry if you seem to be the only one who believes certain things. It just means you are the only one who is right!

Leo

July 24 - Aug. 23

Your powers of persuasion will convince everyone that you know what you are doing and that you can be trusted. Hopefully it is true but even if it is not, you will have a great excuse ready to deflect any criticism.

Virgo

Aug. 24 - Sept. 23

You can, if you wish, change your ways but don't lose sight of who you really are. Whatever changes you make, you will still be the same person you have always been — and you should be proud of that.

Libra

Sept. 24 - Oct. 23

Take the most direct route to wherever it is you want to go. Both at home and at work you will enjoy yourself more today if you don't make life too complicated for yourself.

Scorpio

Oct. 24 - Nov. 22

Even if you are the kind of Scorpio who thinks carefully and slowly about everything, you will still come up with some wonderful ideas today. Make sure they are ideas that can be exploited for your own benefit.

Sagittarius

Nov. 23 - Dec. 21

You will learn something new about a friend today — something you would not have guessed in a million years. It only goes to show that everyone has secrets. Be careful, you don't let your own secrets show!

Capricorn

Dec. 22 - Jan. 20

You can increase your chances of success and happiness today simply by finding the courage to take some kind of risk. Don't worry that it might go wrong. Even if it does, good will still come of it.

Aquarius

Jan. 21 - Feb. 19

Take a more relaxed approach to life today, especially on the work front where you have gone about as far as you can by effort alone. You won't solve problems just by throwing yourself at them.

Pisces

Feb. 20 - March 20

Your heart is beating faster and your pulse is pumping like it knows something good is about to happen. And it is. The planets will bring you a surprise today that you'll enjoy.

SALLY BROMPTON

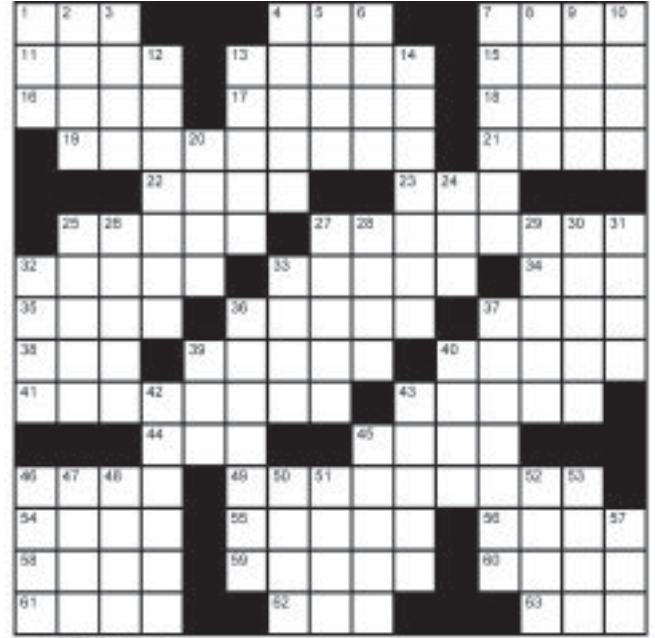
Provinces, Cinemas, Water, and a PM

Across

1. ___ la la
4. Bond creator Fleming
7. Unwanted email
11. Accelerator particles
13. Finished
15. Mexican restaurant fare
16. Construct
17. Charming and confident
18. National police
19. Provincial grouping, with "the"
21. "Vous ___ ici": French shopping mall map indication
22. Ready: Fr.
23. That girl
25. Gossamer
27. Cinemas
32. Light-colored, as hair
33. Judge's domain
34. Galena or cinnabar
35. Where Ontario, Québec, and the Maritimes are located
36. "Water Lilies" painter Claude
37. Raymond ___: New Westminster, BC-born Perry Mason portrayer
38. Adam's mate
39. Acts gloomy
40. Aladdin character voiced by Robin Williams
41. One of Winnipeg's main waterways (2 wds.)
43. Gives money (to)
44. Cherry tree chopper
45. Result of 43-Across
46. Russian leader before 1917
49. See 43-Down (2 wds.)
54. Ireland, to its natives
55. Teheran resident
56. Slave away
58. Summer drinks
59. Appellations
60. Ripped
61. Chair or bench
62. "N'est ce ___?": "Isn't that so?"
63. Flanders of The Simpsons

Down

1. ___ Horton's
2. Wander
3. Ottawa-born My Way singer-composer Paul
4. Some Yukon natives
5. Eve's mate
6. Guelph, Ontario-born *Scream* star Campbell
7. *Sesame* ___: kids' educational show
8. Agreement
9. #1 position
10. Spill cleaners
12. Biblical tempter of 38-Across
13. "Poly" add-on
14. Baked Alaska or baklava
20. Angered
24. Medicine ___, AB
25. NWT's Great ___ Lake
26. ___ down: washed, as a driveway
27. Printer need
28. Tints
29. ___ of golf: 18 holes, say
30. "To ___ human, to forgive divine" (2 wds.)
31. Devoid of moisture
32. Molson's, say
33. Contend with difficulties
36. Takes residence (2 wds.)
37. R.B. ___: 11th Prime Minister (1930-35)
39. Blend together
40. Sport needs
42. Hardest to come by
43. With 49-Across, 12th Prime Minister (1948-57)
45. Country roads
46. Afternoon cupfuls
47. Coleslaw or fries, say
48. Acreage
50. Canadian Open hazard
51. Dalai ___: chief Tibetan monk
52. Midday
53. Exhaust
57. ___ Zeppelin of rock



Copyright © 2012 Michael Greenberg

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 5°
MIN: 2°



MAX: 4°
MIN: -1°



MAX: 3°
MIN: -4°



JENNA KHAN
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



Search over 50,000 used cars, fast and free.



 **autocatch**.com

An initiative of:



Made possible by:



we HUNGER SCARE



**2.8 million Canadians are hungry.
This Halloween, be a hero.
HELP HUNGER DISAPPEAR.**

COLLECT CANNED GOODS FOR LOCAL FOOD BANKS.

freethechildren.com/wescarehunger